

The Margaret Eaton School

Demonstration of Physical Education

VARSITY ARENA
MAY TWENTY-SIXTH, 1931

1. TACTICS

2. SWEDISH *Leg back & thru app.*

3. ENGLISH FOLK DANCES

- (a) Bacca Pipes Jig. *- clay pipe.*
- (b) Ribbon Dance. *May day.*
- (c) Dargason.
- (d) Askham Richard Sword Dance. *Here left behind me (8)*

4. REMEDIALS

- (a) Short muscles at back of leg . . . Trunk pressing downward.
- (b) Poking head . . . Neck raising
- (c) Weak foot muscles . . . Claw walking
- (d) Round back . . . { 1. Chest expansion.
2. Back pressing.
- (e) Hollow back . . . { 1. Bicycling.
2. Both knees updrawing and down-pressing.

5. TAP DANCES

- (a) Fox Trot Routine.
- (b) Waltz Routine.

6. PRIMARY LESSON.

- (a) Rhythms — horses, bicycles, swings, elephants, kangaroos.
- (b) Story Play—"A Trip to the North Pole."—Train to the end of steel; snow shovelling; snowshoeing to the Pole; seals; bears; reindeer; home by aeroplane.

7. TUMBLING

8. ATHLETIC SKILLS

INTERMISSION

9. RHYTHMICAL EXERCISES

10. POLISH DANCES

11. CHILDREN'S HOUR

- (a) When School is Out.
- (b) The Sandman.
- (c) Dream Maidens.
- (d) Dreams { The Bogie Man.
The Prince and Princess.
The Pirates.

12. SUMMER SKIES

- (a) DAWN.
"Oh radiant morning, salute the sun!"—*Wm. Blake*
- (b) BRIGHT SKIES.
"The air is like a butterfly with pale blue wings."—*Joyce Kilmer.*
- (c) STORM.
"Fling down your whip of lightning, clash your cymbals!"—*L. S.*
- (d) SUNSET.
"When the breath of twilight blows to flame the misty skies."—*A. E.*
- (e) EVENING.
"Speak, silence, with thy glimmering eyes,
And wash the dusk with silver."—*Wm. Blake*

Nos. 11 and 12 are the original work of the students, composed in class hours.

The Margaret Eaton School

MARY G. HAMILTON,

Director

Two-Year Normal Course in Physical Education

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Practical and Scientific Courses

In All Branches of the Work.

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SEPTEMBER 8th to 18th, 1931

Only a Limited Number of Applicants Can Be Accommodated

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